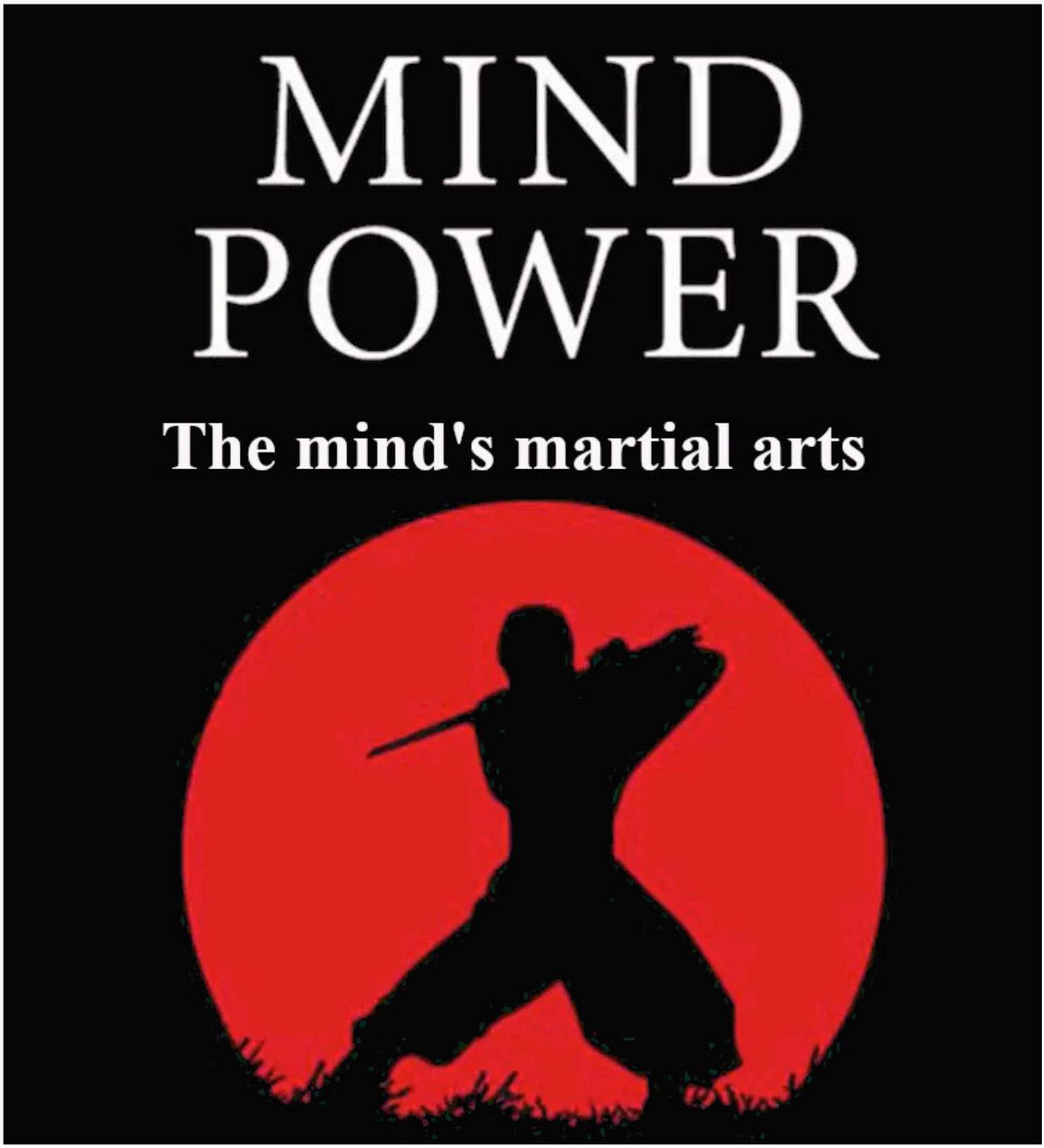

by **Deva Hardeep Singh** | ***Dharma Seeds Yoga Press*** | 05 Jun 2023

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There are many techniques to meditation. I will do my best to represent some of the most used and some that may be a bit more obscure or esoteric by nature. There are a wide variety of meditation techniques available, some for specific purposes and others just variations with the same ultimate purpose. However, two main categories comprise all forms. These are concentrative meditation and mindfulness meditation.

Concentrative Meditation

"Concentrative meditation focuses the attention on the breath, an image or a sound, in order to still the mind and allow a greater awareness and clarity to emerge. This is like a zoom lens in a camera; we narrow our focus to a selected field" Sitting and silently focusing on dynamics of breathing is concentrative meditation in its most basic form. Breathing is a natural and readily available object of meditation.

When a person is anxious or alarmed, his breathing becomes "shallow, rigid and uneven". But when the mind is tranquil and balanced in concentration, breathing becomes slow, deep and even. Absorbing yourself in the repetition of your breathing will allow you to reach a point of simultaneous stillness and awareness.

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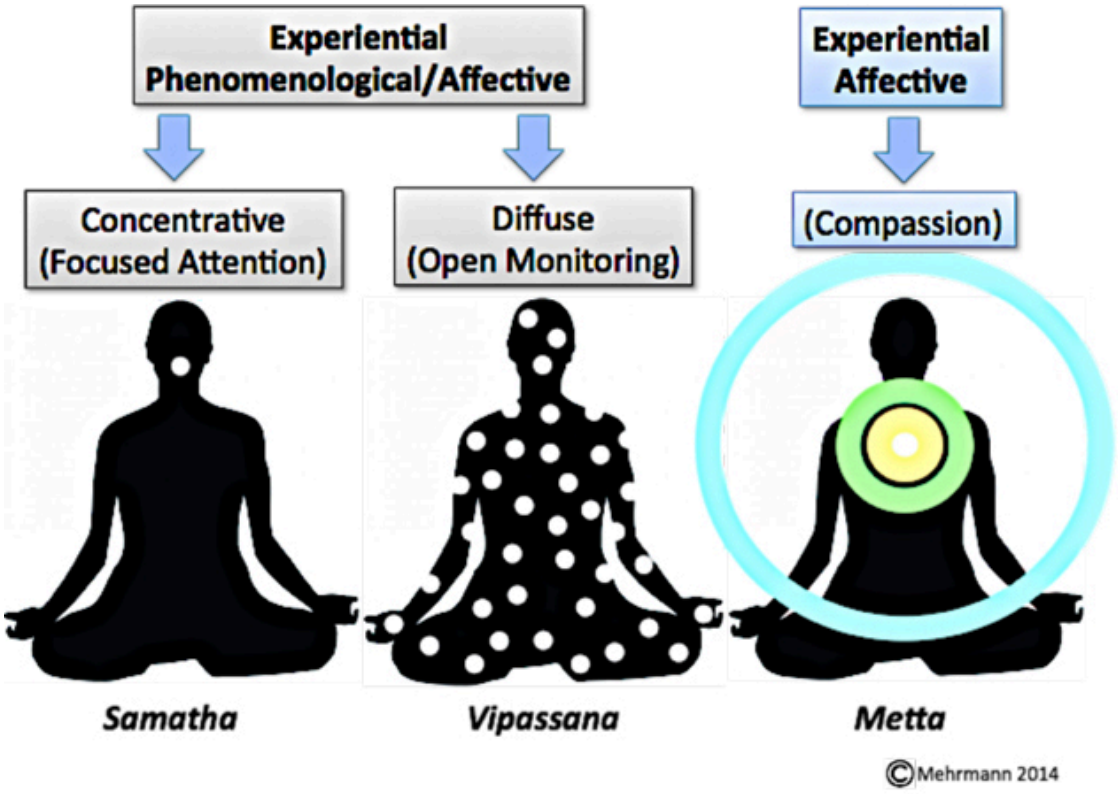

Mindfulness Meditation

Mindfulness meditation's purpose is to increase awareness of the inundation of "sensations and feelings" around oneself, but at a distance. In mindfulness meditation, you experience every aspect of your environment without consciously thinking about it. "The person sits quietly and simply witnesses whatever goes through the mind, not reacting or becoming involved with thoughts, memories worries or images." Through this practice, meditators are said to gain an intense calmness and clarity.

The first part is about Insight Meditation. The term "Insight Meditation" (samatha-vipassana) refers to practices for the mind that develop calm (samatha) through sustained attention, and insight (vipassana) through reflection. A fundamental

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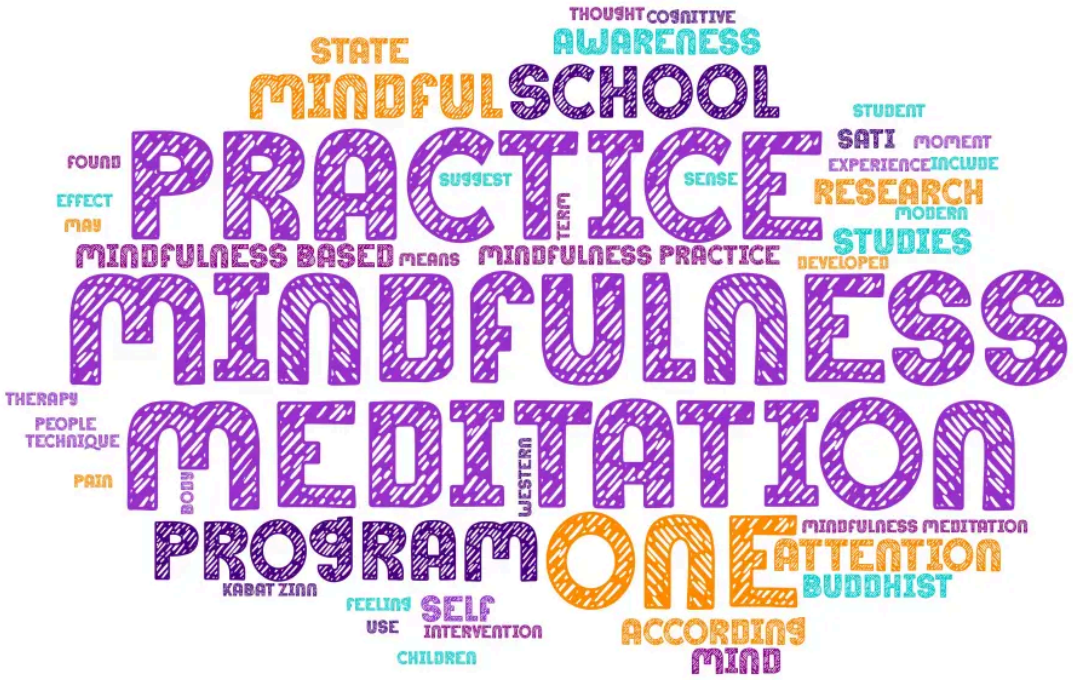
Meditation and Mindfulness

Meditation and mindfulness are two words that are often used interchangeably, but they actually have different meanings. Meditation is a practice that involves focusing your attention on a single point, such as your breath or a mantra. Mindfulness, on the other hand, is the practice of paying attention to the present moment without judgment.

While meditation and mindfulness are different practices, they are closely related. Meditation can help you to develop mindfulness, and mindfulness can help you to meditate more effectively.



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There are a few reasons why you must learn to meditate first before you find mindfulness.

First, meditation helps you to develop concentration. When you meditate, you train your mind to focus on a single point. This can help you to develop the ability to focus your attention on the present moment, which is essential for mindfulness.

Second, meditation helps you to develop awareness. When you meditate, you become more aware of your thoughts, feelings, and sensations. This can help you to develop the ability to observe your thoughts and feelings without judgment, which is another essential element of mindfulness.

Third, meditation helps you to develop equanimity. When you meditate, you learn to accept your thoughts, feelings, and sensations without judgment. This can help you to develop the ability to remain calm and present in the face of challenges, which is a key aspect of mindfulness.

How to Meditate

There are many different ways to meditate. Here is a simple meditation technique that you can try:

1. Find a quiet place where you will not be disturbed.
2. Sit or lie down in a comfortable position.
3. Close your eyes and relax your body.
4. Bring your attention to your breath. Notice the rise and fall of your breath as you inhale and exhale.
5. If your mind wanders, gently bring it back to your breath.
6. Continue meditating for 5-10 minutes.

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With practice, you will find that you are able to focus on your breath for longer periods of time.

Benefits of Meditation

- **Reduces stress and anxiety**
- **Improves sleep**
- **Boosts the immune system**
- **Increases creativity**
- **Improves memory**
- **Reduces pain**
- **Improves focus and concentration**
- **Increases self-awareness**
- **Promotes compassion and kindness**

Conclusion

Meditation is a powerful practice that can help you to reduce stress, improve your sleep, boost your immune system, and improve your overall well-being. If you are interested in learning more about meditation, there are many resources available to help you get started.

If you are new to meditation, it is important to start slowly and gradually increase the amount of time you meditate each day. It is also important to find a meditation technique that works for you. There are many different types of meditation, so you may need to experiment a bit to find one that you enjoy.

With practice, you will find that meditation can help you to live a more mindful and present-centered life.

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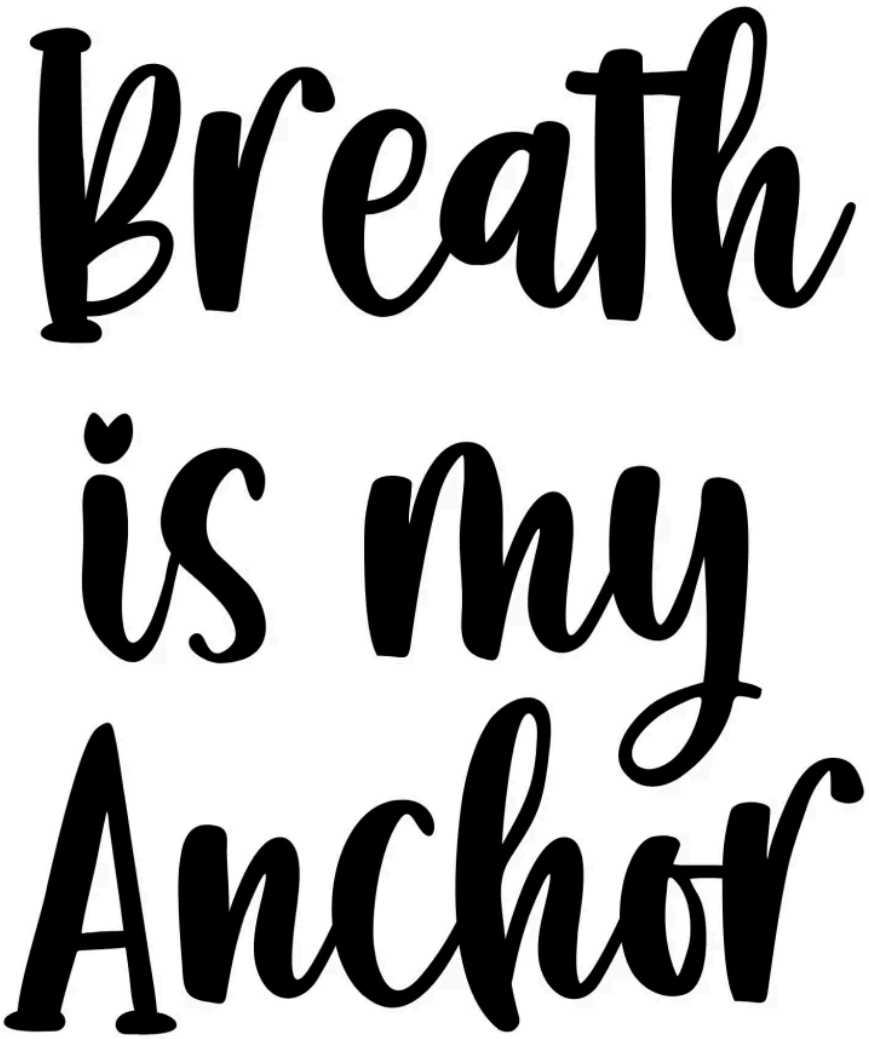
of paying attention to the present moment without judgment, while yoga is a physical practice that involves moving the body in a series of postures.

While mindfulness and yoga can be practiced independently, there are a number of reasons why it is better to learn mindfulness first before you begin yoga.



Mindfulness can help you to relax and

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One of the main benefits of mindfulness is that it can help you to relax and focus. This is important for yoga, as it can help you to get the most out of your practice. When you are mindful, you are able to focus your attention on the present moment and on your body. This can help you to avoid getting caught up in thoughts about the past or the future, which can lead to stress and anxiety.

Mindfulness can help you to become more aware of your body

Yoga is a physical practice, and it is important to be aware of your body in order to practice it safely and effectively. Mindfulness can help you to become more aware of your body by helping you to pay attention to your breath, your posture, and your sensations. This can help you to identify any areas of tension or pain in your body, and it can also help you to learn how to relax your body more effectively.

Mindfulness can help you to develop a more positive relationship with your body

Many people have a negative relationship with their bodies. They may be critical of their appearance, or they may feel uncomfortable in their bodies. Mindfulness can help you to develop a more positive relationship with your body by helping you to accept your body as it is. When you are mindful, you are able to see your body with compassion and understanding. This can help you to appreciate your body for all that it does for you, and it can also help you to feel more confident in your body.

Mindfulness can help you to stay present in the moment

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moment by helping you to focus your attention on your breath and your body. This can help you to let go of thoughts about the past or the future, and it can also help you to experience the present moment more fully.

Conclusion

For all of these reasons, it is better to learn mindfulness first before you begin yoga. Mindfulness can help you to relax and focus, become more aware of your body, develop a more positive relationship with your body, and stay present in the moment. These are all important qualities for a successful yoga practice.

If you are interested in learning more about mindfulness, there are many resources available to help you get started. You can find books, websites, and apps that offer guided meditations and tips on how to be more mindful. You can also find mindfulness classes at your local yoga studio or community center.

With practice, you will find that mindfulness can help you to live a more relaxed, focused, and present-centered life. And when you are ready to begin yoga, you will be well-prepared to reap all of the benefits that this practice has to offer.

Mindfulness and martial arts are two practices that have been shown to have a number of benefits for physical and mental health. Both mindfulness and martial arts require focus, concentration, and awareness. They also both teach us how to deal with challenges and adversity.

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In many ways, mindfulness can be seen as the mind's martial arts. Just as martial arts teaches us how to defend ourselves physically, mindfulness teaches us how to defend ourselves mentally. When we are mindful, we are aware of our thoughts and feelings, and we are able to choose how we react to them. This allows us to stay calm and in control, even in difficult situations.

Mindfulness can also help us to develop mental toughness. Just as martial arts requires us to train our bodies, mindfulness requires us to train our minds. When we practice mindfulness, we are strengthening our ability to focus, concentrate, and stay present in the moment. This mental toughness can help us to overcome challenges and achieve our goals.

In addition to the benefits mentioned above, mindfulness has also been

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- **Reduces stress and anxiety**
- **Improves sleep**
- **Boosts the immune system**
- **Increases self-awareness**
- **Promotes compassion and kindness**

Martial arts has also been shown to have a number of benefits for physical and mental health, including:

- **Improves physical fitness**
- **Reduces stress and anxiety**
- **Improves sleep**
- **Boosts the immune system**
- **Increases self-confidence**
- **Promotes discipline and focus**

As you can see, mindfulness and martial arts are two practices that have a lot in common. They both require focus, concentration, and awareness. They also both teach us how to deal with challenges and adversity. In many ways, mindfulness can be seen as the mind's martial arts.

If you are looking for a way to improve your physical and mental health, mindfulness and martial arts are two great options. Both practices are relatively easy to learn, and they can be practiced anywhere. With regular practice, you will find that mindfulness and martial arts can help you to live a happier, healthier, and more fulfilling life.

Here are some specific ways that

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- **Reduce stress and anxiety:** Mindfulness can help us to reduce stress and anxiety by teaching us how to focus on the present moment and let go of negative thoughts and emotions.
- **Improve sleep:** Mindfulness can help us to improve sleep by teaching us how to relax our bodies and minds before bed.
- **Boost the immune system:** Mindfulness can help to boost the immune system by reducing stress and anxiety, which are known to weaken the immune system.
- **Increase self-awareness:** Mindfulness can help us to increase self-awareness by teaching us how to observe our thoughts, feelings, and sensations without judgment.
- **Promote compassion and kindness:** Mindfulness can help us to promote compassion and kindness by teaching us how to see the world from different perspectives and to understand the suffering of others.

If you are interested in learning more about mindfulness and martial arts, there are many resources available to help you get started. You can find books, websites, and apps that offer guided meditations, martial arts classes, and other resources. You can also find mindfulness and martial arts classes at your local yoga studio, community center, or martial arts school.

With regular practice, you will find that mindfulness and martial arts can help you to live a happier, healthier, and more fulfilling life.

Resources

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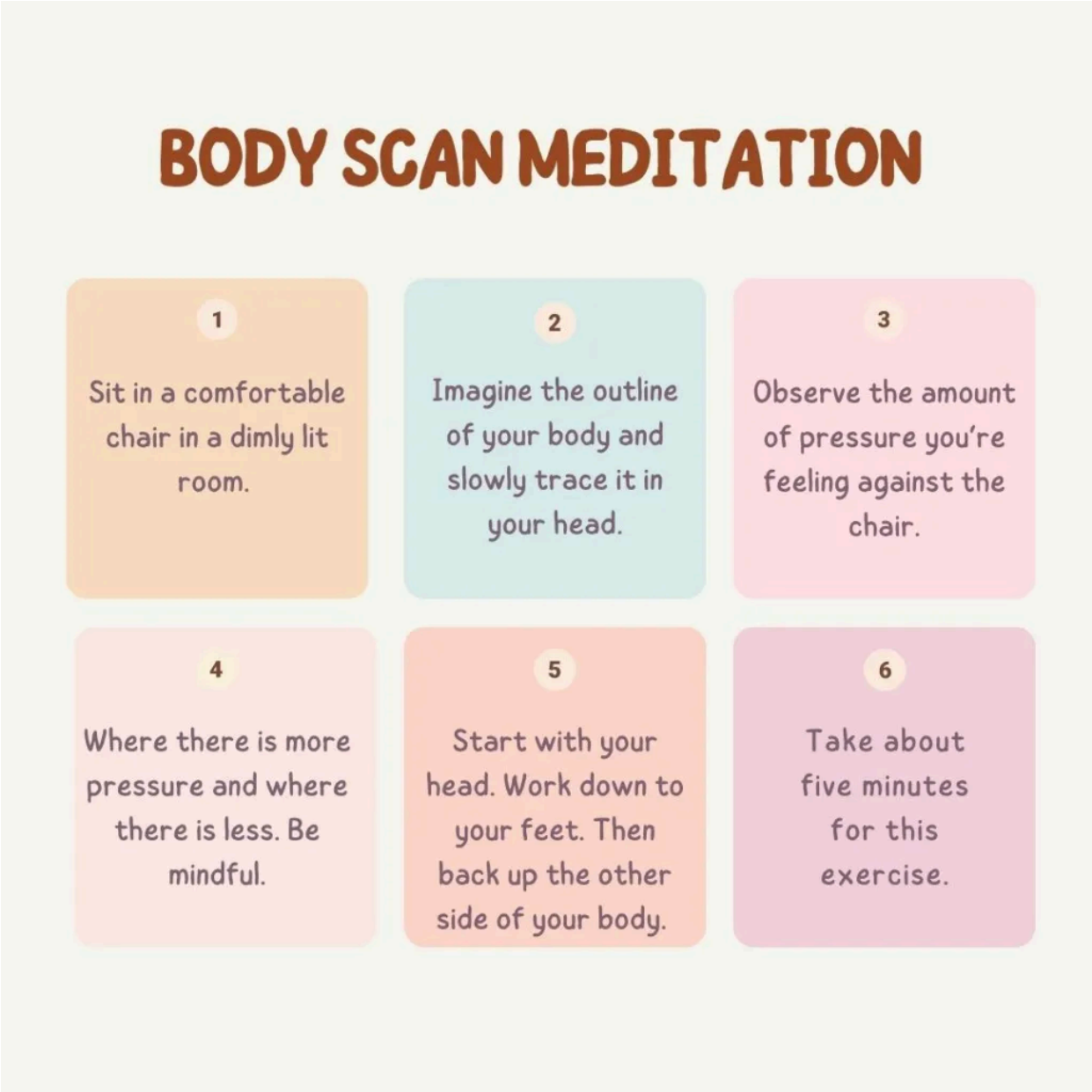
BODY SCAN MEDITATION
1
Sit in a comfortable chair in a dimly lit room.
2
Imagine the outline of your body and slowly trace it in your head.
3
Observe the amount of pressure you're feeling against the chair.
4
Where there is more pressure and where there is less. Be mindful.
5
Start with your head. Work down to your feet. Then back up the other side of your body.
6
Take about five minutes for this exercise.

Buy Dharma Seeds Yoga Press new book

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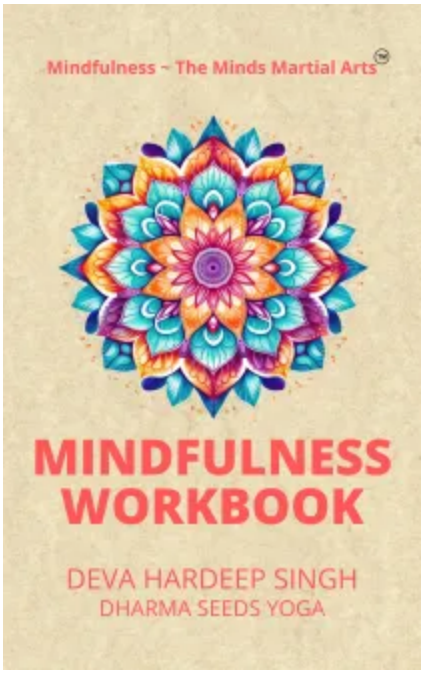

Coming in July 2023

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.The Mind's Martial Arts™ is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts™ is a comprehensive and easy-to-follow guide to

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healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness

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Mar 2023 on my families 100+ years original Indigenous homestead

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen),

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